


Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Noodle Soup LS Crackers Turkey Ham Red Potatoes Broccoli Fresh Pear Meatloaf, LS Beef Gravy Fresh Mashed Potatoes Steamed Carrots Fruit Cocktail	Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Shredded Chicken Barbecue on a Roll Potato Salad Cole Slaw Applesauce	Hamburger on a Roll Ketchup Baked Beans Collard Greens Mandarin Oranges LS Vegetable Soup LS Crackers Chicken Salad Sandwich Carrot and Raisin Salad Tropical Fruit	Baked Chicken Mashed Sweet Potatoes Green Beans Tangerine Sugar Cookies Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots	Baked Fish Square Tartar Sauce Brown Rice Stewed Tomatoes Pineapple Tidbits Chicken Tetrazzini Kale Peaches Brownie
Sliced Turkey LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Chicken Chow Mein over Brown Rice Cabbage Dinner Roll Vanilla Pudding	Whole Grain Flour Tortillas Ground Beef Filling, Brown Rice Ranch Beans, Chuckwagon Corn Shredded lettuce/tomato/Cheese Sour Cream Mandarin Oranges Chicken Breast Fillet Fresh Mashed Potatoes Broccoli Applesauce	Turkey Burger on a Roll Mayonnaise Baked Sweet Potato Fries Steamed Carrots Tropical Fruit Salad Split Pea Soup LS Crackers Turkey Salad Sandwich Three Bean Salad Grapefruit Sections	Meatloaf LS Beef Gravy Fresh Mashed Potatoes Steamed Kale Fruit Cocktail Sugar Cookies Turkey Ham Sweet Potatoes Spinach Apricots	Baked Fish Wedge Tartar Sauce Brown Rice Brussels Sprouts Pineapple Tidbits Stuffed Shells Marinara Sauce Peas Tossed Salad with Ranch Dressing Mandarin Oranges
Chicken Drumstick Twice Baked Potato Broccoli Tossed Salad w/French Dressing Dinner Roll Sliced Peaches Lasagna Zucchini Italian Bread Fresh Orange	Hamburger on a Roll Lettuce/Tomato/Pickle Ketchup Fresh Boiled Potatoes, Succotash Tropical Fruit Salad Oatmeal Raisin Cookies Three Bean Turkey Chili Brown Rice, Chuckwagon Corn Cornbread Pineapple Slices	Turkey Ham Sweet Potatoes California Blend Vegetables Apricots LS Navy Bean Soup LS Crackers Sliced Turkey and Swiss Sandwich Lettuce/Tomato/Mayonnaise Mandarin Oranges	Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Fresh Orange Sugar Cookies Sliced Roast Turkey LS Turkey Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies	Whole Grain Rotini Pasta Meatsauce Brussels Sprouts Canned Pears LS Minestrone Soup LS Crackers Tuna Salad Sandwich Lettuce/Tomato/Pickle Tater Tots, Kale Pineapple
Hamburger on a Roll Vegetarian Beans Coleslaw Mandarin Oranges Chicken Breast Fillet Mashed Potatoes LS Chicken Gravy Collard Greens Peaches	Peppersteak Brown Rice Broccoli Applesauce Oatmeal Raisin Cookies Whole Grain Rotini Pasta Meatballs and Marinara Sauce Italian Blend Vegetables Italian Bread Tropical Fruit	Turkey Ham Sweet Potatoes Cauliflower Apricots LS Split Pea Soup LS Crackers Egg Salad Sandwich Carrot and Raisin Salad Fresh Orange	Creamed Chicken over Biscuit Egg Noodles Chopped Spinach Fresh Pear Gingerbread Meatloaf LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake	Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll Ketchup Tater Tots Lettuce/Tomato/Pickle Pineapple
<b>MEMORIAL DAY HOLIDAY</b>				

Frederick County Meals on Wheels – Menu subject to change. 1% Milk and Whole Grain Bread are served with all meal unless noted.